

# metro

NEW YORK CITY NO. 1 FREE DAILY IN THE  
Monday, August 1, 2016 metro.us | t: MetroNewYork | f: MetroNewYork



Maria Bello  
doesn't  
scare  
easily. 22

## IS ISIS AFTER PARIS HILTON?

The hotel heiress thinks she's a target. 18

Williamsburg businesses brace  
for life without the L. 4

# BAD DREAM TEAM

Rooting for the Team USA men's  
basketball squad at the Summer  
Olympics hasn't been fun for over 20  
years. We give ideas on how to fix it. 26-27



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## 3 THINGS YOU NEED TO KNOW

### SAFETY TEAM ARRIVES IN TEXAS TO PROBE DEADLY BALLOON CRASH

**1** U.S. safety officials arrived in Texas on Sunday to probe the crash of a hot air balloon that killed 16 people, amid reports that it hit a power line and caught fire before plummeting to the ground. The balloon crashed on Saturday into a field near Lockhart, about 30 miles south of Austin, on Saturday, killing all of those aboard. Aerial television footage showed remnants of the red, white and blue balloon, adorned with a large, yellow smiley face wearing sunglasses, lying flattened at the crash site. A witness told reporters the craft struck a power line and emergency responders said the basket had caught fire. **REUTERS**



### REUTERS/IPSOS POLL: CLINTON LEADS TRUMP BY 6 POINTS

**2** Hillary Clinton held a 6-percentage-point lead over Donald Trump, according to a Reuters/Ipsos poll with new wording that was released on Friday. Nearly 41 percent of likely voters favor Clinton, 35 percent favor Trump, and 25 percent picked "Other," according to the new July 25-29 online poll of 1,043 likely voters, which overlapped with the Democratic National Convention in Philadelphia. The poll has a credibility interval of 4 percentage points. The presidential tracking poll reflects a slight change of wording from previous surveys, replacing the "Neither/Other" option given to respondents with just "Other." An internal review had found the word "Neither" has, at times, siphoned support away from one or the other candidate. **REUTERS**

### ONE DEAD, TWO MISSING IN MARYLAND FLOODING

**3** Flooding from torrential rain killed at least one person in Ellicott City, Maryland, and at least two people are missing after floodwaters swept through the town's historic downtown, officials said on Sunday. Ellicott City was pounded by almost 6 inches of rain in two hours late on Saturday, sending the Patapsco River out of its banks, officials said. Howard County Executive Allan Kittleman said the flooding in Ellicott City, about 35 miles northeast of Washington, was worse than that from Hurricane Agnes in 1972. "I don't believe there's ever been a flood and the devastation that we've had overnight in Ellicott City," he said in an interview with Baltimore's WBAL NewsRadio. **REUTERS**



Hot and humid conditions are perfect for mosquitoes. **GETTY IMAGES**

# MOSQUITOES ON THE PROWL

You think you've been feeling bugged by the heat and humidity? Well, now you're going to feel bugged-out by the latest mosquito forecasts.

Yes, I did say the latest mosquito forecast. This is something, and it's because mosquitoes transmit diseases, with the Zika virus the biggest concern right now. Other diseases that can spread through mosquito bites are dog heartworm and West Nile virus, to name a few.

Mosquitoes get real active when it's hot and humid, and that's been the case for most of the Northeast this entire summer, with the exception of parts of New England.

When you take a look at your latest Accu-weather forecast you



#### Bolaris' Weather Watch

**JOHN BOLARIS**  
@weathersavior

will see the latest mosquito forecast attached to it: Conditions are high for Boston and New York and extremely high for Philadelphia.

With all the rain during the past few days, standing water, puddles, birdbaths and boat tarps make for ideal breeding grounds for mosquitoes.

So load up on your bug spray and keep a close eye on your pets, I would not leave them outside for too long.

So the good news is the stifling heat that was smothering parts of the Northeast especially from Philly to NYC,

is gone. However, the bad news is it has been extinguished by waves of localized heavy rain, storms, flash flooding and now mosquito alerts.

Storms and flash flooding will continue into Tuesday, however a true breath of fresh air will arrive Wednesday and Thursday, before more heat returns by Friday and into Saturday.

The tropics are starting to get active, and right now I'm keeping an eye on a quick-moving disturbance south of Puerto Rico that has a decent chance of de-

#### New York

**Today:** Strong scattered storms, local flooding, 80

**Tuesday:** Mostly cloudy, late storm, 81

**Wednesday:** Sun, low humidity, 80

**Thursday:** Mostly sunny, 84

**Friday:** Warmer, but dry, 88

#### Weekend

**Saturday:** Scattered storms, 90

**Sunday:** Scattered storms, 87

veloping into a tropical storm as it moves into the Western Caribbean. Gotta go. I'm starting to itch.


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Bedford Station in Williamsburg ALL PHOTOS KIMBERLY M. AQUILINA

# Businesses brace for L train shutdown

Williamsburg tourist spots like Smorgasburg expect to take a hit during 18 months subway is out of service.



KIMBERLY M. AQUILINA  
@MetroNewYork  
letters@metro.us

As the 18-month L train shutdown looms, commuters aren't the only ones bracing for the change. Businesses are worried that the steady flow of customers will slow to a trickle when the subway line will no longer be an option for people visiting Williamsburg.

Williamsburg has few alternatives to the L subway train, and businesses are expecting a hit when the full shutdown takes place. This area of Brooklyn has recently seen an economic boom, not just because of renewed interest in living there but also because it is now seen as a destination spot for tourists who would otherwise stay in Manhattan.

One of the Williamsburg draws is Smorgasburg, a food festival started in 2011 by the people of Brooklyn Flea. On weekends from April to



November, Brooklynites and non-Brooklynites flock to North Seventh Avenue and Kent Street in Williamsburg for the "Woodstock of eating," as it has been called by The New York Times.

"At Saturday's Smorgasburg especially, it's a ton of people who read about it on food blogs or travel guides. ... It's a lot of tourists at Saturday Smorg, so I'm worried that without the convenience of the L being there and without it being super accessible, it's going to be a tough draw," said Matt Gallira, owner of Big Mozz, a mobile food business that has a stand at

Smorgasburg. "But at the same time, I think Smorgasburg in particular is a little bit recession-proof. People will find a way to get here because it's a unique thing, so I'm not that worried."

Matt Lindemulder, one of the owners of Porchetta, said his commute from East Williamsburg to Porchetta's brick-and-mortar location in the East Village won't be too tough since he rides a bicycle, but he added, "[the shutdown is] definitely going to have an impact."

"I'd rather have them do the three-year limited-service back-and-forth as opposed to cutting it for a

... year and a half, which is just kind of insane," Lindemulder said.

New York City Mayor Bill de Blasio said he also wonders if an 18-month shutdown is necessary to repair the Canarsie Tunnel. The tunnel under the East River was damaged by flooding caused by the storm surge during Hurricane Sandy in 2012.

"We have to push the MTA to confirm, do they really need to do it that way?" de Blasio said during an interview on WNYC's "Brian Lehrer Show." "Are there better alternatives and what are they going to do to maximize the alternatives?"

"This decision, although I'm sure it has a practical underlying rationale, announcing it without a plan to deal with the impact is troubling to me," de Blasio said. "It's a long time, and we're certainly going to push hard to see, does it really have to be so long? Is there another way to go about this?"

The MTA did not respond to requests for comment.

The MTA said in the July 25 announcement that it spoke to 11 community boards and considered input from people living along the L train's route before making this decision.

Brick-and-mortar businesses, like three-year-old record store and concert venue Rough Trade on North Ninth Street, are expecting the shutdown to be "pretty impactful," but Rough Trade store co-manager George Flanagan said he is trying to stay optimistic.

"Record Store Day in 2015, the L was shut down," Flanagan recalled. "That said, it didn't kill us for the day. We survived ... maybe we would've made 10 grand more that day, but it didn't completely destroy us."

Rajeev Yerneni, owner of Parantha Alley, which does not have a brick-and-mortar location and relies on festivals like Smorgasburg, said he also experienced the L shutdown in 2015.

"Last time when the L closed for a few weeks, [Smorgasburg management] put special buses ... and they said they promoted the [East River Ferry], so that helped, but [business] decreased by like, 20, 25 percent," he said.

Yerneni also warned that food vendors are "finicky," so if the cost of doing business in Williamsburg goes up, the vendors might flee for more economically sound — and geographically accessible — locations.

Galen Marchetti lives in Hell's Kitchen and visited Rough Trade for the first time on Saturday. He said he enjoys going to the gym Brooklyn Zoo, but that will be a distant memory once the L line stops running.

"I'm screwed," Marchetti said while laughing. "That's game-over, because I work in the Meatpacking District, and the gym is like four stops in once you go across the East River, so yeah, that's done."

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Tap water in New York City is not only safe to drink, but also tastes great, according to experts. PIXABAY

# New York City tap water wins taste test competition

The DEP performs more than 500,000 analyses of the city's drinking water every year.

**CRISTABELLE TUMOLA**  
@MetroNewYork  
letters@metro.us

Stop wasting money on that Brita because New York City water is so good that it's winning awards.

The city Department of Environmental Protection announced this week that despite the city's history of grittiness, its tap water was awarded the top prize in New York State's Regional Metro Tap Water Taste Test competition.

The contest took place Thursday at the American Museum of Natural History in Manhattan, where New York City's water went tap-to-tap with drinking water suppliers from Westchester, Nassau, Suffolk and Orange counties.

Museum visitors sampled tap water from each supplier and ranked them by taste, according to the DEP. New York City's tap wa-

ter was judged to be the best tasting, followed by water from Elmsford in Westchester County. After winning the Regional Taste Test competition, New York City tap water will next compete in a statewide contest in Syracuse on Sept. 2.

The DEP says that NYC's water is already "internationally renowned for its quality," adding that it has put billions into efforts to keep it this way.

New York is one of only five large cities in the U.S. allowed to run a largely unfiltered drinking water supply, mainly due to the city's watershed protection programs, according to the DEP. More than \$1.7 billion has been invested in watershed protection programs since 1993, when the Environmental Protection Agency first issued the city a waiver from the federal requirement to filter the water from the Catskill/Delaware System. The DEP recently activated the \$3.2 billion Croton Filtration Plant for water from the Croton supply system.

"Generations ago, New Yorkers had the

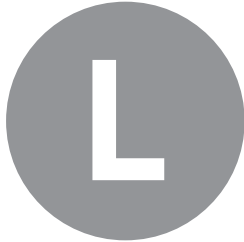
foresight to construct the incredible network of infrastructure that carries our water from as far away as 125 miles and provides us with a robust supply of high-quality drinking water from a pristine and protected watershed," said acting Commissioner Vincent Sapienza. "Under Mayor de Blasio's leadership, we have continued that tradition, investing billions of dollars in upgrades to our water supply system and watershed protection programs, to ensure that the next generation of New Yorkers continue to enjoy high quality drinking water."

The DEP performs more than 500,000 analyses of the city's drinking water every year by collecting samples from streams that feed the reservoirs, the reservoirs themselves, the aqueducts that carry the water to the city and from nearly 1,000 sampling locations throughout the five boroughs.

For more information on the quality of the city's tap water and its water supply, check out the DEP's annual report, available at [nyc.gov](http://nyc.gov).



# Planned Service Changes



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- At **Lorimer St**, transfer between **G L** trains and shuttle buses, located on **Metropolitan Av** at **Union Av**.
- At **Myrtle-Wyckoff Avs**, transfer between **M** trains and shuttle buses, located on **Wyckoff Av** at **Myrtle Av**.
- Consider using the **A** or **J** to/from **Manhattan**, via transfer at **Broadway Junction**.
- Transfer between **A J L** trains and free shuttle buses at **Broadway Junction**, located on **Fulton St** at **Van Sinderen Av**.

**Stay Informed**

Call 511 and say “Current Service Status,” look for informational posters in stations, or visit **mta.info** – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

**###FASTRACK**



## BRIEF

**Ex-cop wanted for murder shoots self on NJ Turnpike**

A man wanted for murder in Rhode Island killed himself Saturday on the New Jersey Turnpike after being chased by state troopers, who then found the body of the man's wife in the trunk of his car.

Former Providence cop Franklin Osgood, 61, of Providence, Rhode Island, was traveling northbound on the turnpike near Ridgefield Park, Bergen County, when troopers attempted to pull



GETTY IMAGES

over his vehicle, according to the Bergen Record.

Around 9:30 p.m., Osgood lost control of his car, struck a

metal guardrail and crashed into a trooper's car. When authorities approached his 2007 black Dodge Charger, state police found the sus-

pect with a self-inflicted gunshot wound to his head.

They also found the body of his wife, 55-year-old Mary Jo Osgood, in the trunk.

Franklin Osgood was pronounced dead later at Hackensack University Medical Center, GABC reported.

Police began searching for Osgood Saturday afternoon after his daughter reported him missing, according to the Providence Journal. ALEXIS SACHDEV

## Trump says 'not thrilled' with dates of presidential debates



Donald Trump GETTY IMAGES

Republican presidential nominee Donald Trump said he is unhappy with the dates set for his televised debates with White House rival Hillary Clinton, putting him at odds with an independent commission that set the calendar almost a year ago.

The dates for the three debates ahead of the Nov. 8 presidential election "will serve the American public well," the nonpartisan Commission on Presidential Debates said in a statement on Sunday, noting they were set a year in advance.

The commission was responding to complaints from Trump and other Republicans that the debate dates — Monday, Sept. 26, Sunday, Oct. 9, and Wednesday, Oct. 19 — should be changed because of conflicts with

televised National Football League games.

"I think two of the three are against the NFL, so I'm not thrilled with that," Trump said in an interview with ABC's "This Week" that aired on Sunday.

The commission, established in 1987 to organize and manage the presidential debates, said it is impossible to avoid all sporting events when scheduling the debates. It added that the debates have never been rescheduled because of such conflicts.

Trump, who tweeted on Friday that Clinton was "trying to rig the debates" so that fewer people would watch, suggested in the ABC interview that the former secretary of state wanted the debates to be held "when nobody's home" to watch.

REUTERS

## Wanted by NYPD

NYPD are looking for a man who they say tried to rape a woman in a church gym on Staten Island. Police identified the suspect as 42-year-old Asuncion Moran Barrera. Investigators say he approached the 21-year-old victim inside the basement bathroom of a church gym in Port Richmond. The victim was able to escape the bathroom. Anyone with information on the case should contact the Crime Stoppers hotline at 1-800-577-TIPS, or text CRIMES and then enter TIP577, or visit NYPD.crimestoppers.com. TIPS. NYPD



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Powerball tickets GETTY IMAGES

## NH ticket matches winning numbers for \$487M jackpot

A Powerball ticket sold in New Hampshire matched the winning numbers for the game's jackpot of \$487 million in a drawing on Saturday that marked the eighth-biggest lottery prize ever in the United States, a lottery official said.

The numbers drawn in the 11 p.m. EDT drawing on Saturday were 11, 17, 21, 23, 32 and the Powerball number of 5, according to the Powerball website.

A single winning ticket was sold in New Hampshire, said North Dakota Lottery director Randy Miller, chair of the Powerball group. In some past drawings, the jackpot has been split between multiple winning tickets.

The single ticket from the latest drawing is worth the winner's choice of \$487 million spread over 30 years

or \$341.7 million in a lump-sum payment, before federal taxes.

This was the fifth largest Powerball jackpot in the game's history.

The Powerball game is based on lottery tickets sold for \$2 apiece. It is played in 44 states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands.

The latest drawing came more than two months after a \$429.6 million winning Powerball ticket was sold in New Jersey, and about two weeks after a \$540 million Mega Millions lottery jackpot was clinched in Indiana.

The largest lottery prize offered in North America was a Powerball jackpot worth nearly \$1.6 billion for winning tickets sold in California, Tennessee and Florida in January.

REUTERS

### BRIEF

#### Gunman in Austin, Texas, kills one woman, wounds three

A gunman killed a woman and seriously wounded three others in Austin early on Sunday when he shot into a crowd as people streamed out of nightclubs in the Texas capital's downtown area, police said.

The unidentified gunman opened fire at about 2:15 a.m. local time before fleeing, Austin police chief of staff Brian Manley told reporters. The motive for

the attack, which occurred just minutes after bars closed, was not immediately clear.

"It was a very chaotic scene," Manley said. He described people emerging from clubs and bars running in all directions at the sound of gunfire, as police officers on patrol rushed to the scene.

The gunman killed a woman in her 20s and wounded three other women, who were transported to a local hospital

with injuries that are serious but not life-threatening, Austin-Travis County Emergency Medical Services spokesman Mike Benavides told reporters.

Manley said police were seeking help from the public, including any video recordings, in an effort to find the shooter who is believed to be in his 20s.

Minutes after that shooting, a man opened fire several blocks away in a confrontation at a parking garage, Manley said. Bystand-

ers tackled the shooter, he said.

Police initially believed the two shootings were related and that they were dealing with an "active shooter," but that was not the case, Manley said.

The suspect who opened fire in the parking garage was transported to a hospital for injuries he suffered when bystanders subdued him, Manley said. There were no reports of anyone being struck by bullets in that incident. REUTERS

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### BRIEF

#### Death toll in Baghdad bombing rises to 324stin, Texas, kills one woman, wounds three

he death toll from a suicide bombing in central Baghdad on July 3 has reached 324 and might climb further, Iraq's health minister said on Sunday.

The attack, claimed by the militant group Islamic State whose fighters government forces are trying to eject from large parts of the north and west, was the deadliest bombing in Iraq since U.S.-led forces toppled Saddam Hussein 13 years ago.

The toll could climb further

as forensic teams are still working to identify bodies, the minister, Adela Hmoud, said.

Islamic State has lost ground in Iraq since last year to U.S.-backed government forces and Iranian-backed Shi'ite militias.

But the deadly July 3 bombing in a commercial street of the mainly Shi'ite Karrada district of central Baghdad showed it can still strike in the capital.

On July 7, the ministry put the toll at 292. But it has risen as more people, initially registered as missing, were identified as among the dead, Hmoud said. REUTERS

# Clinton says Russian intelligence services hacked DNC



The U.S. has not publicly accused Russia of being behind the hack of Democratic Party computers. Cyber security experts and U.S. officials, however, said they believed Russia engineered the release of the emails to influence the U.S. presidential election.

Democratic presidential candidate Hillary Clinton said Russian intelligence services hacked

into Democratic National Committee computers and she accused Republican contender Donald Trump of showing support for Russian President Vladimir Putin.

"We know that Russian intelligence services hacked into the DNC and we know that they arranged for a lot of those emails to be released and we know that Donald Trump has shown a very troubling willingness to back up Putin, to support Putin," Clinton said in an interview with "Fox News Sunday."

Asked if she believed Putin wanted Trump to

win the White House, Clinton said she was not going to jump to that conclusion.

"But I think laying out the facts raises serious issues about Russian interference in our elections, in our democracy," Clinton told Fox in the interview, taped Saturday.

The United States would not tolerate that from any other country, especially one considered an adversary, she said.

The New York businessman has praised Putin, saying he was a stronger leader than President Barack Obama,

a Democrat.

Trump last week invited Russia to dig up tens of thousands of "missing" emails from Clinton's time at the State Department. "Russia, if you're listening, I hope you're able to find the 30,000 emails that are missing," Trump told reporters.

The Republican presidential nominee for the Nov. 8 election later said he was being "sarcastic" in his comments, which raised concerns among intelligence experts and criticism that Trump was urging a foreign government to spy on Americans. **REUTERS**

***"For Trump to both encourage that and to praise Putin despite what appears to be a deliberate effort to try to affect the election I think raises national security issues."***

Clinton

## BRIEF

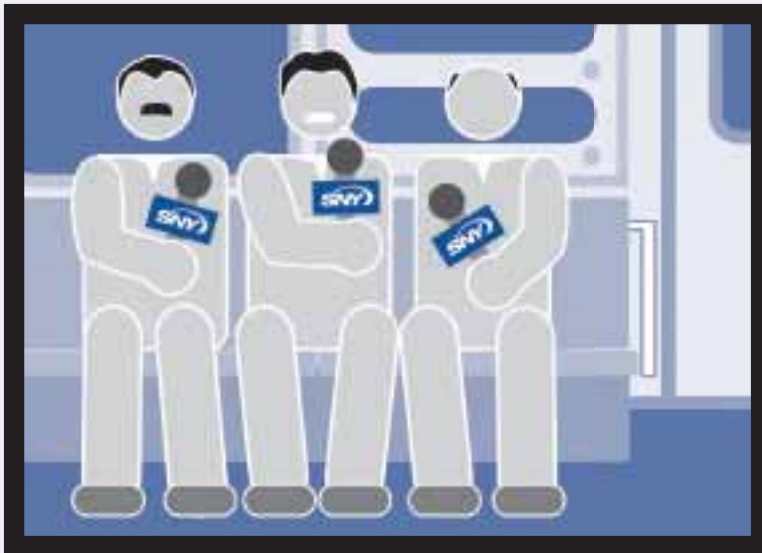
### Russia says spyware found in state computer networks

Russia's intelligence service said that the computer networks of 20 organizations, including state agencies and defense companies, have been infected with spyware in what it described as a targeted and coordinated attack.

Russia's Federal Security Service (FSB) said the malware and the way the networks were infected were similar to those used in previous cases of cyber espionage found in Russia and other countries. The agency did not say who it suspected of being behind the attacks.

"Information technology resources of government agencies, scientific and military institutions, defense industry companies and other entities involved in crucial infrastructure have been infected," the FSB said in a statement on its website.

The FSB's announcement follows reports of cyber attacks on the Democratic National Committee and the fundraising committee for Democratic candidates for the House of Representatives. **REUTERS**



## Can't get to the battle of the boroughs?

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# Trump rebuts criticism by Army father at DNC

The most emotional moment of the Democratic National Convention was the speech by Khizr Khan.

Donald Trump rejected criticism from the father of a soldier killed in Iraq who said the Republican presidential nominee had "sacrificed nothing and no one" and questioned whether the mother was allowed to speak during the couple's appearance at the Democratic convention.

"I think I've made a lot of sacrifices," Trump told ABC News in excerpts of an interview posted on Saturday. "I work very, very hard."

Khizr Khan, a U.S. citizen of Pakistani origin and a Muslim, won widespread praise when

he spoke Thursday at the Democratic National Convention, telling the story of his son, U.S. Army Captain Humayun Khan, who was killed by a bomb in Iraq in 2004.

He also attacked Trump for proposing a temporary ban on Muslims entering the United States and asked if the candidate had read the U.S. Constitution.

He pulled out a pocket-copy from the inside of his suit coat, in one of the most commented moments on the night that Hillary Clinton accepted her party's nomination for president.

"Did Hillary's script writers write it?" Trump asked ABC's George Stephanopoulos in the interview, saying he has indeed sacrificed by employing thousands of people, and raising "millions of dollars" for veterans.



Khizr Khan holds up a booklet of the U.S. Constitution as he delivers remarks at the Democratic National Convention. GETTY IMAGES

Trump said Khan appeared "very emotional and probably looked like a nice guy to me."

But the businessman also cast doubt on why Khan's wife did not speak.

"She was standing there, she had nothing to say, she probably, maybe she wasn't allowed to have anything to say, you tell me," Trump said.

Clinton at a campaign

rally Saturday night in Youngstown, Ohio, said the Khans specifically and Muslims generally are the most recent recipients of Trump's insults, and referenced his past statements about immigrants and the disabled.

"It's a long list my friends. I don't know, maybe he doesn't have anything positive to say," Clinton said. REUTERS

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# Opponents target N. Carolina transgender bathroom law

For 20-year-old Payton McGarry, a transgender man and college student, the North Carolina law barring him from using public bathrooms consistent with his gender identity means a routine part of life now dictates his day.

He limits how much he drinks to avoid using a bathroom away from home. He looks for gender-neutral restrooms at the University of North Carolina at Greensboro, where he attends, but has missed instruction time when he cannot find one in his classroom buildings.

"There is a lot of insecurity about being in public spaces," the accounting and business major said in a telephone interview. "If I know I'm going to be out an extended period of time, I just don't drink a lot."

On Monday, McGarry



North Carolina is the only state in the country to mandate that people use multiple-occupancy public restrooms and changing facilities that correspond with the sex on their birth certificate rather than their gender identity, placing it at the forefront of the latest civil rights frontier in America. GETTY IMAGES

and other opponents of the law, known as House Bill 2 (HB 2), will ask a federal judge in Winston-Salem to block enforcement of its bathroom provisions while the legal fight against the full measure, enacted in March, plays out.

The restrictions put transgender people, particularly students at public schools, in an untenable position, said Chris Brook, one of the

American Civil Liberties Union lawyers challenging the measure.

"It forces all trans kids in our state to choose between breaking the law and using the correct restroom or using the wrong restroom, which could put them in a perilous situation," he said.

Republican lawmakers have not been persuaded by such arguments, or boycotts of the state by corporations, conven-

tions, entertainers and the National Basketball Association, which this month said it was pulling its 2017 All-Star Game from Charlotte in protest of the law, which has been decried by critics as discriminatory.

Lawyers for Republican Gov. Pat McCrory argue the measure protects the safety and privacy expectations of the state's residents.

"Plaintiffs purportedly seek to overturn a single state statute, but in reality they seek to overturn millennia of accepted practice by which men and women utilize separate facilities for using the restroom, bathing and changing clothes," the governor's lawyers said in a court filing opposing efforts to block HB 2.

McCrory's office did not reply to a request for comment ahead of Monday's hearing. REUTERS

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# SCORCHED EARTH

The balloons have popped, the confetti has been swept and now nothing remains between the candidates and the election except three months of slash and burn campaigning. Board your windows. Lock your doors. Here are my three things to watch this week in politics.

## 1. BOUNCE

As I predicted last week, Donald Trump came out of the Republican convention with a boost in the polls, and now all eyes are on Hillary Clinton to see if she does as well — or better. The star-studded Democratic convention was intended to not merely pump up the base, but also draw in some independents and maybe even a few disgruntled Republicans. History says she'll see results, but how long will they last? Trump's bet: not long. He was slamming her before she could even get off of the stage.

## TOM FOREMAN

### Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."



## 2. TRUST ME

The number one agenda item for both nominees should be the matter of trust — as in, convincing voters they can be trusted. Both have done a lousy job at it so far, considering the majority of people still do not see either contender as trustworthy. So I'm waiting to see if either can crack the code. Still, I'm not holding my breath. Both parties have shown little talent for building trust lately, but plenty for tearing down the other side. As they storm the trail this week, you can expect more character assassination than you'll find in "Macbeth."

## 3. SHOW ME THE MONEY

Repubs who are worried about the Trump effect will be watching their wallets this week — to see if they get any fatter. There are deep concerns some big money donors remain skittish about backing the New York billionaire and that could affect fundraising all up and down the GOP ticket. Listen for talk about this in the backwash of the conventions, because losing the White House is one thing; losing one or more houses of Congress, too? That would be cataclysmic for GOPers.



## P.A.D. Raises Your Risk of Heart Attack and Stroke



People over age of 50 that have a history of diabetes or smoking and other peripheral artery disease risk factors, such as obesity or high blood pressure, have a greater risk of having PAD.

## Do You Have PAD?

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- ☒ Leg numbness or weakness
- ☒ Non-healing sores on your toes, feet or legs
- ☒ Coldness in your lower leg or foot
- ☒ Slower growth of your toenails
- ☒ Shiny Skin on your legs
- ☒ No pulse or a weak pulse in your legs or feet
- ☒ Erectile dysfunction in men

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# Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

*Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them*

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to **NY Pain MD** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

## Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

## Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil.' It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

## Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

**Why You Should Try This Even If You've Already Had Similar Treatments Without Results...**

"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use **"Precision Arthritis Targeting Technology"**. This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."

noted the Director of Center

**NY Pain MD** is a state of the art medical facility offering only the best technology.

**And that's not all :**

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

## How To Find Out If It Can Help You?

If you have knee pain, the **NY Pain MD** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using **Precision Arthritis Targeting Technology**.

## Many Insurance Plans Participate:

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Cross Blue Shield & others  
\*EZ payment plans and financing also available



## Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis

**Targeting Technology** using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NY Pain MD** uses this P.A.T. Imaging Technology, with each and every treatment.

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at **NY Pain MD** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

**And here's something really important** - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:  
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## Are You Qualified For Knee Arthritis Screening With NYC Pain MD?

- ▶ Do you have pain and osteoarthritis (arthritis) of the knee?
- ▶ Have you tried other treatments such as NSAIDs and other anti-inflammatory medications without success?
- ▶ Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?

If you answered yes to any of these questions - give **NY Pain MD** a call and schedule your no obligation knee pain screening

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# Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

## Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

**New York City** - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

*"We all know that countless lives are being saved every year because of early detection and better treatment"* noted the clinic director at the **NY Pain MD** in New York City. *"The same holds true for treating arthritis pain. I believe we are having so much success at NY Pain MD because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

### What is the "correct treatment?"

*"That depends,"* said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

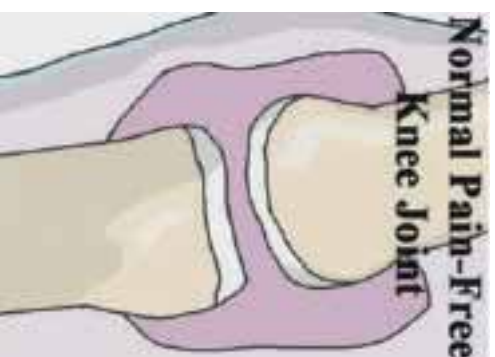
The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NY Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Precision Arthritis Targeting Technology and did not get good results - this may be why.

*"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."*



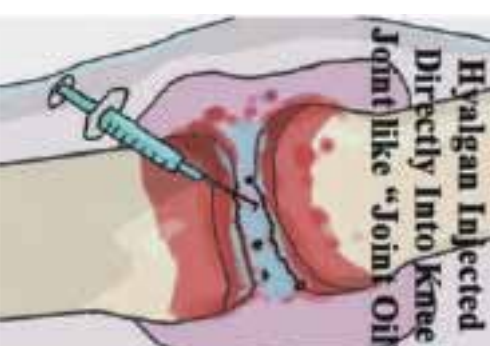
**Can This Be Avoided?** Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



**Everyone Wants Proof:** In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



**Pain** - The red is a knee joint with painful osteoarthritis. With progressive "drying out", arthritis causes the joint space to decrease and an array of symptoms which may include grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



**Successful Treatment** - Treatment (blue) being applied directly into the knee joint using Precision Arthritis Targeting Technology. Advanced imaging allows treatments to be as precise as possible. Viscosupplementation can lubricate the joint and decrease pain.



**Failed Treatment** - the medicine misses the joint space. Research shows this occurs up to 30% of the time without the use of Precision Arthritis Targeting Technology to guide the injection. This is why prior treatment may not have worked for you.



## Paris Hilton thinks she could be an ISIS target



Being famous isn't all that it's cracked up to be — according to Paris Hilton, at least.

The socialite and hotel heiress, who is currently working as a DJ in Ibiza, recently told a Spanish newspaper that she's afraid her celebrity status might make her a potential ISIS target.

Responding to the recent terrorist attacks in Nice and Germany, Hilton said in an interview that she worries about being the victim of an attack. "I'm constantly moving around from one country to another, and I'm a famous person who could be a definite target for an attack, and that is something that sometimes terrifies me," she said.

Clearly, a jetsetting lifestyle isn't all fun and games for Hilton. Still, fear won't be stopping her anytime soon — earlier this month, the 35-year-old revealed that she'll be following in her family's footsteps and launching her own chain of luxury hotels in Dubai, New York and Las Vegas.

ALL PHOTOS GETTY IMAGES



## Constance Wu slams Matt Damon's controversial new film

Constance Wu is the latest actress to lash out against the lack of diversity in Hollywood.

On Friday, the "Fresh Off the Boat" star posted a statement on Twitter that blasted Matt Damon's upcoming film, "The Great Wall." In the film, the 45-year-old actor plays a soldier in ancient China who defends the Great Wall against a mythical attack.

The casting decision quickly attracted the attention — and disapproval — of Wu. "We have to stop perpetuating

the racist myth that only a white man can save the world. It's not based in actual fact," she wrote. "Our heroes don't look like Matt Damon. They look like Malala. Ghandi. Mandela."

Wu is one of several people to point out the lack of Asian representation in Hollywood, an issue that has gained noticeable traction recently — earlier this year, Scarlett Johansson's casting in a remake of the Japanese anime "Ghost in the Shell" and Tilda Swinton's portrayal

of a Tibetan character in "Doctor Strange" both drew heavy criticism of Hollywood's "white-washing" tendencies.

Hours after publishing her statement, Wu followed up with another tweet to clear the air with Damon. "For the millionth time it's NOT abt blame. Not blaming Damon, the studio, the Chinese financiers. It's not about blame, it's about AWARENESS," she wrote.

"The Great Wall" is scheduled for release in February 2017.



## Kanye tells Tidal and Apple to squash beef

Kanye West has finally taken a break from his drama with Taylor Swift to focus on another feud — the music streaming battle between Tidal and Apple Music.

On Saturday, the "Famous" rapper took to Twitter to rant about the two music industry giants, claiming their beef was "f—king up the music game."

West, alongside Jay Z, Beyonce, and several other

high-profile musicians, is a co-founder of Tidal.

The battle began back in 2015, when Apple released its own music streaming platform just three months after Tidal's launch. Since then, the two have been competing over exclusive content, making it difficult for fans to access their favorite music in one place.

Despite ongoing rumors that Apple might try and acquire Tidal, West's

social media posts suggest these talks aren't going so smoothly. "Apple give Jay his check for Tidal now and stop trying to act like you Steve," the 39-year-old rapper tweeted.

West is calling for a meeting between himself, Apple CEO Tim Cook, Jay Z and several other music execs to try and end the feud. "We all gon be dead in 100 Years. Let the kids have the music," he wrote.



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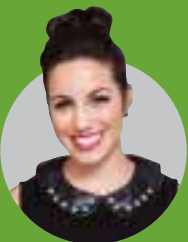
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# Why dating is not a numbers game

**LAURIE  
DAVIS  
EDWARDS**

*Single and Sniping*

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."



No formula can help you find love says our expert. **istock**

Recently a client sent over a spreadsheet of his results with online dating. It was incredibly detailed — broken down by platform and multiple data points, such as the number of women who replied to his first

messages, then second messages and so on.

He's not my first — I've seen other spreadsheets.

It seems simple to run the dating data when it's quantified on an app or site, so naturally, many online

daters get the urge to crunch numbers. But there's a major problem with taking the fun of dating and turning it into a numbers game.

Numbers can represent quantity, but what they can never completely convey is quality. In your dating life, who you are meeting and the way you are connecting on your dates is much more important than how many matches are in your inbox. Quality cannot be quantified in a spreadsheet.

If you're a number cruncher, you might logically understand this but still feel

resistant, like my client. When I told him that not only should he not concern himself with numbers, but that OkCupid data that suggest excellent messages receive a 40 percent response rate is outdated, he asked me, "Well, what should the average response rate be for me?"

The truth: There is no magic formula that says if you get a certain percentage of replies on a dating site, you'll find love. After working with thousands of online daters for nearly a decade, I've found that there is no average. There are too many variables, like

which platform you're on and whom you're choosing to message. Some online daters receive a 5 percent response rate while others reach 40 percent. But in either case, love doesn't fit neatly into an empty cell on a spreadsheet.

One of our clients received a 90 percent response rate ... yet she is still single. Another married the first man who responded. So next time you get the urge to count the messages in your inbox, ask yourself: Am I truly connecting with the matches I meet? When you meet the right person, none of the numbers matter.

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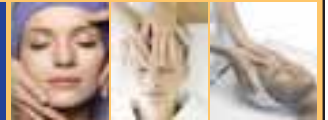
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## "Smithereens"

**Director:** Susan Seidelman  
**Stars:** Susan Berman, Brad Rijn  
**Rating:** R

● ● ● ● ● ○

Every film becomes a time capsule, and it's easy to get lost staring at the sights in 1982's "Smithereens." With every year and every new chain store, bank and high-end eatery, its vision of a postapocalyptic East Village looks more and more alien — like one of the alternate dimensions from "Rick and Morty," offering a New York where you can still live without a trust fund. The heroes of Susan Seidelman's debut are young and dumb and, like their city, short on cash. They get by on vitality and blind ambition. Manhattan will change, but they seem to be stuck in a hellscape for all eternity.

"Smithereens" gives viewers lots of time to gawk; the plot is minimal, repetitive. It follows Wren (Susan Berman), a gentle name for a dogged narcissist introduced nipping a pair of checkered black-and-white sunglasses off an unsuspecting mark. A Jersey ex-pat who never wants to go back, Wren wants to make it, whatever that is. But right now she's down and out,



Susan Berman hangs in 1982 New York in "Smithereens," playing at the Metrograph, 7 Ludlow St., through Thurs. WESTCHESTER FILM INC., SHOUT FACTORY LLC

prowling the trash-strewn, mid-Koch streets and fetid clubs for "connections" that never stick.

Wren uses people she hopes will use her, too. The exception is Paul (Brad Rijn), a nice boy who lives in a van in one of the neighborhood's many bulldozed wastelands. She'll grow quickly bored of him, until she needs a place, any place, to crash. She thinks she's a better fit for Eric, played by Richard Hell as a Richard Hell who never got big. He goes through girlfriends like water, uses beer as pomade and, when that L.A. recording session doesn't appear to be happening, isn't above turning to petty crime. At one point he and Wren team up to swindle

an unsuspecting tourist, and the scene manages to be both darkly amusing and deeply upsetting.

Unlike her characters, Seidelman would make it. She proceeded to "Desperately Seeking Susan" and its brighter, more attractively grotty version of the New York underground. But "Smithereens" finds her still in the mud. It's a grimy 16mm affair, deeply rooted in the scene. (The score is by the Feelies.) A movie made on a grandmother's inheritance has become a priceless artifact, destined to frighten NYU's incoming freshman class. But it has more than novelty; it's as much a portrait of emotional desolation as it is of the city at its worst. **MATT PRIGGE**

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# Maria Bello doesn't do horror

But the actress made an exception with "Lights Out," which she found unusually smart.



**MATT PRIGGE**  
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Maria Bello has managed to mostly avoid one genre: the horror film. But "Lights Out" was different, even if it is about a mysterious entity that haunts a dysfunctional family. The family in question includes Sophie (Bello), a newly widowed mother with mental illness who might have a strong, long-lasting connection with the spirit that can turn victims into piles of gnarly flesh. The actress, 49, talks about her own connection to the material and why this is one horror film that actually scared her.

**I have to admit, while I found this film creepy, I rarely find horror films scary, per se. I tend to be more scared by films about real things, like cancer or global annihilation or death.**

Yeah, I'm like you. I don't scare easily, I have to say, and I don't like horror films. But this one, I went to see it with my friends and we were screaming and grabbing onto each

other. I was watching it between my fingers. I thought it was that scary. I think anything with mannequins, clowns or puppets — forget about it. That is scary just in itself.

**Some actresses have said that they started off in horror films because it was the only genre that regularly starred women. They can be progressive,**



GETTY IMAGES

## Scream queen

**I'm going to guess you never had to learn how to scream for a horror film when you were first studying acting.**

Yeah, we went to all the special scream classes. [Laughs] No, I think doing a horror film and doing a romantic comedy is exactly the same. You look up and there's 50 guys standing around you, scratching their balls, drinking a Coca-Cola. And every time they're about to say action they're like, "OK cut! We've gotta fix that light!" So by the time you actually get to scream, you scream because you're so annoyed.

Maria Bello plays a mother whose family is plagued by a mysterious entity in "Lights Out." WARNER BROS. PICTURES

**at least in that sense.**

I hadn't thought about that. I was thinking the opposite.

I don't usually see slasher movies, but isn't it usually the women with big boobs who get killed?

**Yes. This is the complicated**

**history of gender studies in the horror film, where there's the final girl who defeats the villain, but is also usually the only virgin.**

Of course! God forbid the heroine has sex or is a sexual being in any way. You have to be the good girl to get rid of the demons.

**They defeat demons with the power of their virginity. But you've actually managed, with an exception or two, to avoid this genre.**

I've been offered these

types of films before, and I hadn't really connected with anything until this one. It was because of the character. She was complicated. I have a shared history with her, with my own gift of bipolar disorder, and I felt like I'd get to bring that to the screen in a really realistic way.

**It's strange how seldom we see mental illness portrayed in a manner like this, where we see how it affects everyone around them.**

If you take all the horror away, it really is a

stand-alone drama about mental illness and how it affects a family. I based my performance on real-life experiences, which I wrote about in my book last year "Whatever ... Love Is Love," about my own dynamic with the disease. I realized after being medicated that this was really a gift. I wanted to portray the reality onscreen of what it is to have a mental illness and how it really is a family disease. It affects everyone around you. It was really important to me to show the truth.

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# A culinary school with creative taste

A certificate program at the International Culinary Center opens doors in and out of the kitchen.



ALIZAH SALARIO  
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When Chef Candy Argondizza, vice president of culinary and pastry arts at the International Culinary Center (ICC) in Manhattan, brings new students into the kitchen, she makes sure they can take the heat.

"As I tell students all the time, this profession chooses you; you don't choose it," she says.

As a 37-year industry veteran and an alum of esteemed New York eateries such as Remi and Tavern on the Green, Argondizza knows firsthand just how grueling a chef's life can be.

That's precisely why the professional culinary arts program at ICC replicates the "vigor and tenacity" of a professional kitchen.

## What the program is cooking up

Students in ICC's professional culinary arts certificate program undertake four months of full-time or six months of part-time instruction, followed by a 200-hour externship. Federal financial aid and scholarships are available for those who qualify.

The only program prerequisites are a high school diploma and a short essay. However, a zest for the culinary arts is an unofficial must.

"It's physical, it's demanding, but I think it really speaks to people who don't fit into a 9-to-5 desk job, who want to be creative, who want to be on their feet, who want a goal-oriented way of life.



Every day you have a list and you just check it off, and there's something really gratifying about that," she says.

In a typical class, lectures and demos are followed by student attempts to duplicate complex dishes. Afterward, the chef-instructor tastes and critiques.

"At school we give them that sort of training because they're getting constant feedback from the chefs—whether it needs salt, it needs acid, it's too thin, it's too thick—so you get used to

the constant critiquing, which I think sets you up for when you leave here," says Argondizza.

For their externships, students are encouraged to select an eatery that aligns with their abilities and professional goals; one recent graduate decided to do his externship at Jacques Torres Chocolate in Brooklyn to pursue an interest in chocolate production. The student, a Hawaii native, hoped to bring what he learned back home, where he could take ad-

vantage of Hawaii's huge cocoa industry.

## Professional opportunities

The program leads students down myriad paths within the food industry.

"Not everyone might want to be in the kitchen anymore; they might want to be a food blogger or a food stylist, a caterer, a personal chef—but we feel strongly that, no matter what you want

to do, you still have to understand what happens in the process of cooking," says Argondizza.

In a changing industry, Argondizza is both old-school and forward-thinking. She swears by Jacques Pépin's legendary "La Technique," and oversees a cutting-edge curriculum.

"It's not for everybody, but the people that it really resonates with love it. It's hard work, but it pays off."

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# Kazoo magazine aims to inspire young girls

New title on  
newsstand focuses  
on achievement and  
inner beauty — not  
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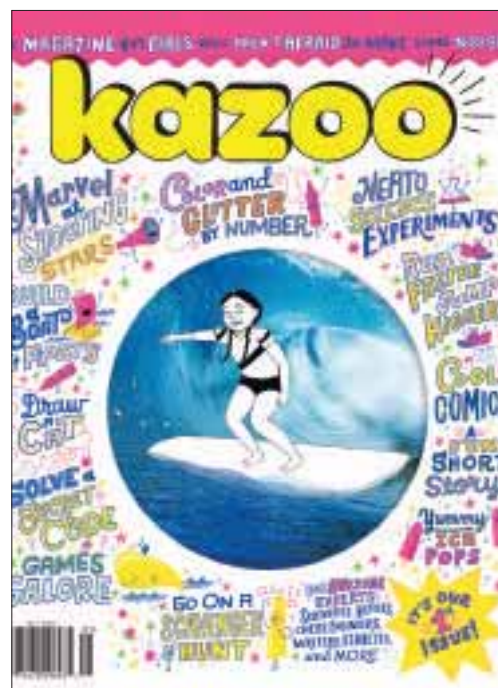
**HELEN MURPHY**  
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Erin Bried, editor in chief of new girls' magazine *Kazoo*, was frustrated when she went to pick out a magazine to read with her 5-year-old daughter. The titles geared toward young girls focused mostly on beauty tips and featured pictures of princesses and dolls. With her nearly two decades' worth of editorial experience at *Condé Nast*, Bried decided to create her own publication — with the help of her two daughters, the magazine's "Teeny and Tiny Editors"— that inspires girls to be smart, strong and true to themselves.

"I know we can do better for our girls. In fact, we must, because this sort of messaging that we see in the media [and in the toy aisles]—that there's only one right way for a girl to be—has real and negative consequences," said Bried.

After coming up with the idea, Bried launched a Kickstarter campaign that quickly became the highest funded journalism campaign in Kickstarter's history. Stuffed with colorful illustrations, features on famous women scientists and artists, recipes and comics, the magazine's first issue is a testament to Bried's goals.

Every page contains activities and articles that inspire girls to ask questions, be creative and engage their minds. One two-page spread features a kid-friendly interview with a female



The cover of the first issue of Kazoo magazine **PROVIDED**



Bried

cosmochemist, followed by instructions to create a DIY portable planetarium and tips about how to get the most out of stargazing. As for the name of the magazine?

"The beauty of the kazoo is that everybody already has what it takes to play one. Just breathe, and its loud, happy

*"The beauty of the kazoo is that everybody already has what it takes to play one. Just breathe, and its loud, happy sound attically."*

sound comes automatically," said Bried. "I want girls to feel the same way about their own voice—that they already have everything it takes to use it."

"Kazoo" will officially launch nationwide this fall. So grab a copy or two, make some noise and join the band.







Co-workers can provide support and camaraderie during cancer treatment. ISTOCK

## Careers during cancer

During treatment, continuing to work can provide a sense of accomplishment and normalcy.



**ALIZAH SALARIO**  
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Cancer is not a death sentence. Many people living with the disease continue to work throughout their diagnosis and treatment.

But by its very nature, cancer is disruptive. No one finds working while receiving chemo or radiation an “orderly situation,” says Rebecca Nellis, chief mission officer at the nonprofit Cancer and Careers.

However, a positive workplace can be a tremendous source of support during a challenging time. A recent Cancer and Careers survey found that 75 percent of respondents wanted to keep working after their diagnosis because it provides them with a sense of accomplishment that is critical to recovery.

Nellis offered her insights on working during treatment.

### Gather information

Before revealing your diagnosis to your employer — if, in fact, you chose to do so — fact-finding is a crucial first step. Knowing the timeline for your treatment plan, the possible side effects and precisely how they will affect your ability to do your job can help you present the situation to an employer feeling prepared, explains Nellis.

Next, comb through

your employee handbook and gather info about disability and sick leave policies. Understanding exactly what you’re entitled to can give you confidence when sharing sensitive information.

### Know your rights

Nellis emphasizes that it’s crucial to know your rights guaranteed by the Americans with Disabilities Act. (Though the word “cancer” isn’t anywhere in the title, the law still applies.)

“The ADA does two important things: protect from discrimination and provide a reasonable accommodation,” explains Nellis.

A “reasonable accommodation” means that employers are required to provide modifications that allow employees who have a disability to continue to do their job.

“If we’re talking about someone who is a retail manager and fatigue is going to be a major factor, can they stand for eight hours a day?” says Nellis.

### Know what support looks like

A pro-tip for those who work with someone going through cancer treatment: Don’t coddle.

“Co-workers shouldn’t become so focused on the cancer that they forget the colleague they’re talking to,” says Nellis.

Even gestures that come from a good place, like running an office fundraiser or taking on responsibilities on behalf of a sick colleague, need buy-in.

Try offering to do specific tasks — buying lunch for a week or

helping with a certain part of the job, suggests Nellis. This sends a message of support without smothering.

### Know your worth outside of work

In some instances, people with cancer stay on the job out of necessity: Work provides the income and benefits paying for their treatment. Other times the motivation is personal.

“We work because it’s part of our identity, so it really challenges a sense of self,” Nellis says.

That’s why if working becomes untenable, some people “may struggle to see themselves as more than just their cancer diagnosis.”

This sense of loss is particularly hard for people in their 20s and 30s, because they’re “prone to seeing their job as a key part of their identity.”

### Mind the gap (on your resume)

For cancer patients who do take time off, the return to work can “become a really stressful piece of the puzzle,” says Nellis.

In some cases, a life-changing illness is an opportunity for survivors to professionally pivot. Nellis has worked with many people who wonder if “60 hours a week is worth it” after they’ve faced their mortality.

Though she doesn’t have all the answers, Nellis says career-related questions often change after cancer.

“It’s more about what gives you meaning? What do you derive joy from?”

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# ROOTING FOR USA BASKETBALL IS NO FUN

The absolute worst rooting experience you can have as a sports fan is when you find yourself rooting for a team to simply not lose.

The high of victory for teams like these is really not that high, but the low of defeat is depression city. Yeah, it's fine that your team is expected to win it all, but those ridiculous expectations ruin the rooting and viewing experience entirely.

Rooting for the USA men's basketball team at the Olympics has been like this for 20 years now. There's little fun in watching these multimillionaires attempt to bring home the gold, other than getting to see the occasional highlight reel alley-oop (something that happens 15 to 20 times during each and every NBA All-Star game).

Now, the original Dream Team in 1992 — with Michael Jordan, Larry Bird, Magic Johnson, Charles Barkley, Patrick Ewing et al. — was great. Never before had we seen a collection of talent like that on one court together and never before had we seen

## MATT BURKE

OPINION

Matt Burke is the National Sports Editor and a columnist at Metro US.

Follow him on Twitter @burke\_metro



2004 in Athens, Argentina won the gold medal. Team USA earned the most pathetic bronze medal in Olympic history. If memory serves, there was no ticker-tape parade down the Canyon of Heroes for Allen Iverson, Tim Duncan, Stephon Marbury, a young LeBron James and a young Carmelo Anthony when they returned to the states that summer.

Dominance had turned to apathy when it came to USA basketball, and now today we're in this super-awkward third stage where we're just hoping Team USA 2016 doesn't screw this thing up.

Making matters more awkward is that the best player on this summer's team is Kevin Durant, who just four weeks ago became the most hated athlete in the U.S. Durant decided to join the Golden State Warriors in an effort to create the most dominant team in NBA history. Now, he will look to change the opinions of thousands of jaded American basketball fans over the next few weeks by trying to beat Venezuela by 60 points

and by generally attempting to — you guessed it — dominate. In other words, he will apologize for his desire to dominate by dominating players who will never sniff an NBA floor.

Meanwhile, the head coach of Team USA is the lovable Mike Krzyzewski, who has a popular Facebook page dedicated to him titled, "Mike Krzyzewski is the Antichrist." As if Coach K wasn't hard enough to root for to begin with, he's been yelling at his players during these recent exhibition games to sit down on the bench and "not have so much fun." DeMar DeRozan tried a 360 dunk, nearly decapitating a Chinese defender this past week and Coach K flipped out because a couple guys (remember, multimillionaire men) on his bench actually had the nerve to get excited. Imagine what Coach K would have done to Barkley in '92 when he was throwing elbows at 160-pound Angolan "power" forwards?

Here's my solution to all this crap: Have a real Team USA.

Many claim that the reason

the rest of the world has closed the gap is because these other countries have players who have played together for years. And, yes, that's part of the issue for sure.

But why can't the U.S. assemble a team of blue-chip high schoolers every four years and build for the next Olympics? There would be new cycle of young U.S. talent every Olympic summer. Have these kids play together for four years during each and every summer. Hell, sign some of them to Team USA contracts and have them skip the farce that is college basketball altogether.

Basketball junkies would salivate over getting to watch these teams grow over the course of four years, and it would be highly intriguing to see if these groups of talented young-uns could eventually take down the men who are on the rest of the world's rosters during the Olympics.

That would certainly be a fun rooting experience. Much more fun than the one we're about to undertake.



Rooting for Coach K is a chore. GETTY IMAGES



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## Yanks deal Miller, land two more young studs

It's a bitter pill to swallow for Yankees fans so used to meaningful October baseball, but the organization now has its sole focus on future seasons. The Yankees made their second significant trade of the past week on Sunday, dealing off All-Star lefty reliever Andrew Miller to the Cleveland Indians in exchange for four prospects.

The two players Yankee fans should be salivating over in this deal are outfielder Clint Frazier and pitcher Justus Sheffield. The players were considered two of the Indians' top three minor league prospects.

Frazier was the fifth overall pick in the 2013 MLB Draft. He can hit for power as he has 13 homers in 89 games so far this season in Double-A ball. The 21-year-old center fielder from Decatur, Georgia is ranked the 21<sup>st</sup> best prospect in baseball by Baseball America.

As for Sheffield – yes,



Clint Frazier is a blue-chip prospect. GETTY IMAGES

he is related to former Yankees slugger, Gary Sheffield, as he is his nephew.

This pitching Sheffield owns a 7-5 record

and 3.59 ERA so far this season in Triple-A. He was recently ranked the 69<sup>th</sup> best prospect in baseball by Baseball America. MATT BURKE



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Are you worried about your own memory or  
the memory of a loved one? Is there a history of  
Dementia or Alzheimer's Disease in your family?



This is a research study  
for individuals age 55-95  
with memory complaints  
to see if one's sense of  
smell can predict response  
to memory treatment.

If eligible, participants receive:

- ♦ Medical evaluation
- ♦ 1 year of treatment for memory deficits
- ♦ Memory/cognitive performance monitoring by experts
- ♦ Sense of smell testing
- ♦ Monetary compensation

*If interested, please call*

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The study is conducted at New York State  
Psychiatric Institute/Columbia University Medical  
Center and is funded by a research grant from  
the National Institute of Health.



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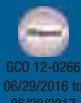
## COGNITIVE TRAINING FOR DEPRESSION

*Are you depressed? Feeling sad or down?  
Lost interest or pleasure in things you used to enjoy?  
Having trouble sleeping or concentrating?*

If so, and you're between the ages of 18 and 65,  
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in people with depression symptoms.

**Participation includes:**

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- Compensation provided



Contact Megan at

212-241-3089 or email megan.hoch@mssm.edu

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trial on the effects  
of an investigational  
procedure as a possible  
treatment for high  
blood pressure.



**You may be eligible if you are:**

- Between the ages of 20-80 years
- Have high blood pressure (top # 140-180)
- On or OFF medication for your pressure

This procedure is not for everyone and does carry some risks.

Caution: Investigational device Limited by law to  
investigational use.

Please contact Hugo Bloise –adames

Telephone: **212-241-6938** for further  
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Mount Sinai – Mount Sinai Heart

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SUFFOLK COUNTIES**

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- Media
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Call or Text #917.653.0319

## LEGAL NOTICES

**NOTICE OF FORMATION**  
of Wealth Max Realty LLC.  
Articles of Organization  
filed with the Secy. of State  
of New York (SSNY) on  
06/10/2016. Office location:  
Queens County. SSNY is  
designated as agent of  
LLC upon whom process  
against it may be served.  
SSNY shall mail process  
to the LLC c/o PO Box  
65, New York, NY 10032.  
Purpose: Any lawful activity.

## LEGAL NOTICES

**NOTICE IS HEREBY GIVEN,**  
PURSUANT TO LAW, that the NYC  
Department of Consumer Affairs  
will hold a Public Hearing on  
Wednesday August 24, 2016 at  
2:00 p.m. at 42 Broadway, 5th floor  
on a petition for RIO Supermarket  
Inc. to continue, to maintain, and  
operate an unenclosed sidewalk  
cafe at 3215 36th Ave. in the  
Borough of Queens for a term of  
two years.

REQUESTS FOR COPIES OF THE  
REVOCABLE CONSENT AGREEMENT  
MAYBE ADDRESSED TO: DEPARTMENT OF  
CONSUMER AFFAIRS, ATTN: FOIL OFFICER,  
42 BROADWAY, NEW YORK, NY 10004

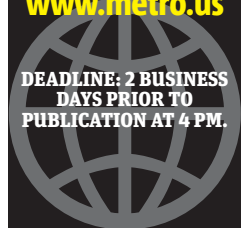
**NOTICE OF FORMATION**  
of HAPPYCHELSEA LLC.  
Articles of Org. filed with  
Secy. of State of NY (SSNY)  
on 4/20/16. Office location  
Queens County. SSNY  
designated as agent of  
LLC upon whom process  
against it may be served.  
SSNY shall mail process c/o  
the LLC, 7111 Juno Street,  
Forest Hills, NY 11375,  
which is also the principal  
business location. Purpose:  
any lawful activity.

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* Business	* Court	* Visa
* Black Magic	* Reunite	* All other
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Spiritual      Money  
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Protection From Black Magic &  
Any Evil Spell, Money, Any More...

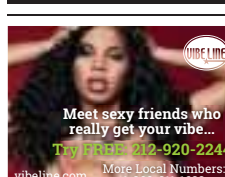
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Black Magic, Spirit  
Removal

**FOR APPOINTMENT CONTACT : RAM DEV SWAMI**  
**929-393-4309**  
Private & Confidential  
Are you suffering from any of the  
following problems?

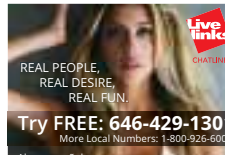
EDUCATION • IMMIGRATION • VISA PROBLEM  
• PROMOTION • MARRIAGE • BUSINESS • COURT CASE  
• INFORMATION • HUSBAND-WIFE RELATIONSHIP  
• STOP DRUGS • BAD CURSE • SICKNESS  
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### Across

- 1 Leprechaun kin
- 4 Blows gently
- 9 Pro — (for the time being)
- 12 Even once
- 13 Newton of physics
- 14 Canned
- 16 Tarzan's transport
- 17 Don Diego masked
- 18 Agile
- 19 His home is Nome
- 21 Luke, to Obi-Wan
- 23 Welsh dog
- 25 Hammered in
- 26 Honda model
- 29 Faux pas
- 31 Lower in status
- 32 Language with clicks
- 33 Angry disputes
- 37 Chick's mom
- 38 Sweet-tempered
- 41 Prez after Jimmy
- 42 Baja Ms.
- 44 Motor lodges
- 45 Drab color
- 47 Chain dance
- 49 Rainbow color
- 50 Adventurous trip
- 53 Pitch
- 55 Most rugged
- 57 Improved model
- 61 That's — —!

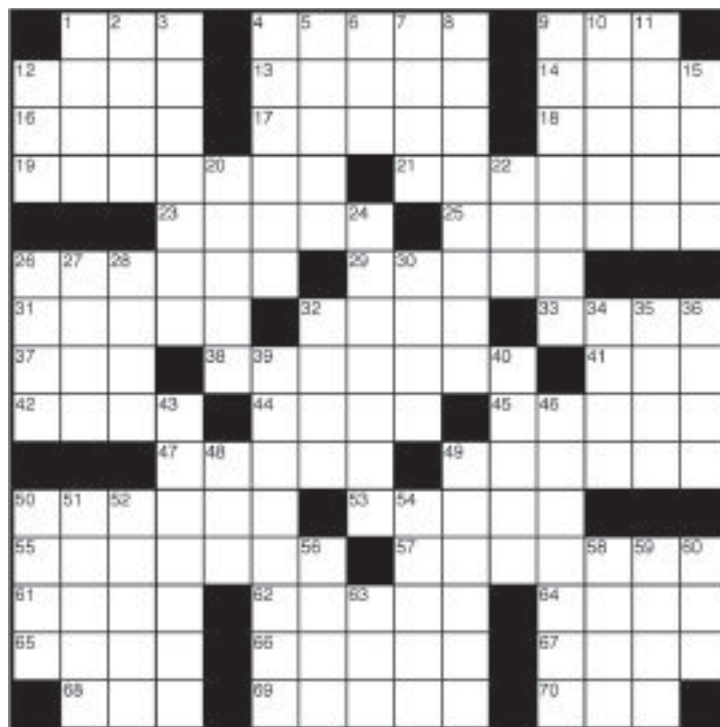
- 62 It takes two
- 64 Classical face
- 65 Swarm with
- 66 Hearth residue
- 67 Grass droplets
- 68 Kind of humor
- 69 Bucks, as a horse
- 70 Common ID

### Down

- 1 Like Mr. Hyde
- 2 "Girls" star — Dunham
- 3 Pompeii art
- 4 Harry Potter, e.g.
- 5 For — — (cheap)
- 6 Way off

- 7 Field cover
- 8 Haughty
- 9 More toothsome
- 10 Oust
- 11 Enter traffic
- 12 "The Loco-Motion" girl
- 15 Did Easter eggs
- 20 Yellow Sea land
- 22 LummoX
- 24 Edible lizards
- 26 Pleased sighs
- 27 10-4 buddy
- 28 Quitter's word
- 30 White vestments
- 32 Heartstring sound
- 34 Uttered
- 35 Smelled the coffee
- 36 Agitated state
- 39 Prime follower
- 40 Barely scraping by
- 43 Plato's school
- 46 Souped-up cars (2 wds.)
- 48 Natural resource
- 49 Mist and smoke
- 50 Clobber
- 51 Ran a fever
- 52 Airlines patron
- 54 Fast sledder
- 56 Blah
- 58 City rtes.
- 59 Daybreak
- 60 Overhead railways
- 63 Cavaliers' org.

## metro.us/crossword



## metro.us/sudoku

easy

6				7			5	
					3			
		9		5			7	1
	7		9	8		5		2
		3	5		2	7		
8		5		3	4		6	
7	8			4		2		
					1			
	1			6				3

hard

		9	1			6		
		1			4		5	2
	5		3	7		4		
			7				2	
3			8		5			6
	8				9			
		4		3	7		6	
5	1		4			9		
		6			1	3		

## metro.us/horoscopes



**Aries** Get involved in activities or events that will allow you to show off what you have to offer. A personal change will give you greater stability and tame any insecurity you harbor.



**Taurus** Spend time with the people who make a difference in your life. Take care of health issues. Consider an alternative approach as well as a traditional method of treatment.



**Gemini** Don't share personal secrets or beliefs. Someone will take advantage of you if you are too forthcoming. A personal change will help build confidence. Romance is highlighted.



**Cancer** Refuse to let moodiness take over. You will get more sympathy and workable solutions if you share your concerns without showing anger or criticism. Work with, not against, the majority.



**Leo** A personal gain will come from an unexpected source. You'll meet someone interesting while traveling or reunite with people from your past. Take your time responding to an offer.



**Virgo** Socialize with colleagues and you will find out information that will help you get ahead. Don't let anyone limit your chance to try something different

### Yesterday's answers



Can't wait until tomorrow to check your answers? Visit metro.us



**Libra** Consider where the information you are receiving is coming from before you let your emotions take over. You are better off critiquing yourself, not others, if you want to avoid discord.



**Scorpio** Travel outside your usual realm. Getting a broader spectrum will stir your imagination and help you create a personal environment that suits your nature. Let your emotions be your guide.



**Sagittarius** Put your time into personal improvement. The less you do with people offering indulgent temptations, the easier it will be to take care of business and build a stable future.



**Capricorn** Use your emotions to your benefit. You can manipulate a situation if you are tactful and persuasive. A deal will have strings attached. Check the fine print.



**Aquarius** Look at change as a new beginning filled with opportunity and something that will motivate you to learn and expand your interests. Turn a negative into a positive.



**Pisces** Protect against being judged by someone from a different background by offering an amicable solution to any disagreement that arises.

EUGENIA LAST



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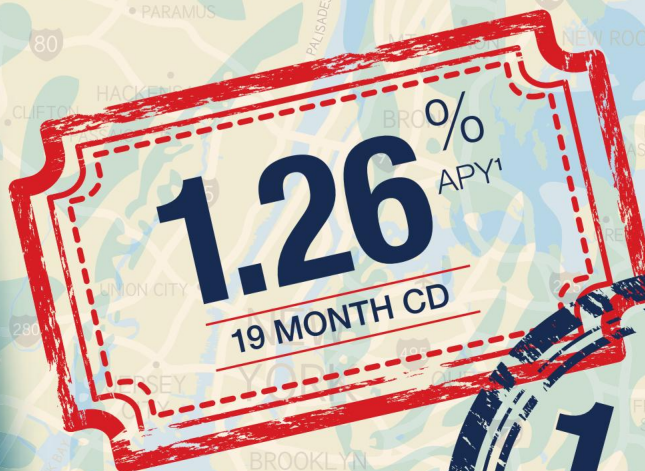
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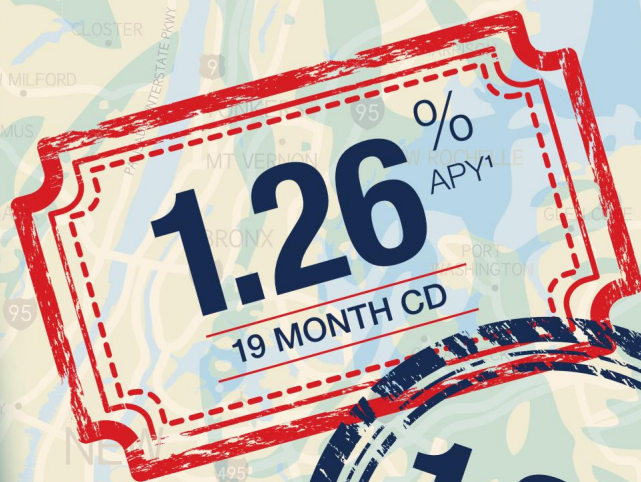


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